

**CITY OF GULFPORT  
EMPLOYEE HEALTH CLINIC**  
Appointment Line: 863-6760  
M-F 7:30-4:30 (Closed 12-1 Lunch)  
3310 17<sup>th</sup> Street  
Gulfport, MS



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <b>April Fool's Day</b></p>	<p>2 <b>DID YOU KNOW?</b> Laughter is a great stress reliever. Try to keep a sense of humor and be willing to laugh at yourself</p>	<p>3 <b>Stress</b> is a natural part of our lives and a little stress can heighten your senses and productivity. But too much stress can create or worsen physical and emotional problems</p>	<p>4 <b>You could be stressed if you:</b> -Feel tension &amp; have headaches -Are anxious &amp; irritable -Can't concentrate -Have digestive issues -Grind your teeth -Experience insomnia -Are fatigued</p>	<p>5 <b>Stress</b> can contribute to heart disease, high blood pressure, strokes, it affects your immune system and is a leading cause of anxiety and depression</p>	<p>6 <b>Good Friday Clinic Closed</b></p>	<p>7</p>
<p>8 <b>Happy Easter!</b></p>	<p>9 <b>BATHROOM SURGERY!!</b> Cutting away at a corn or a callus with a pair of scissors or a razor is dangerous and can lead to other problems. Visit your nurse practitioner for appropriate treatment!</p>	<p>10 Cut your toenails straight across. Do not cut them too short or cut down the corners as this can lead to in grown toenails</p>	<p>11 Wash your feet daily in lukewarm water and pat dry your feet thoroughly, especially between the toes</p>	<p>12 Buy new shoes later in the day when your feet tend to be larger and break them in slowly. New shoes are not supposed to hurt</p>	<p>13 Exercise regularly to relieve stress. Physical activity helps improve your mood. Stretching and walking work best</p>	<p>14</p>
<p>15</p>	<p>16 <b>Do You Know What Your Blood Pressure Is?</b> You can get your Blood Pressure taken anytime at no charge at the clinic</p>	<p>17 <b>Dial a Friend</b> Sharing your troubles can give you perspective, help you feel cared for and relieve your burden</p>	<p>18 <b>STRESSED?</b> Get a massage! Massage therapy can be very effective for stress</p>	<p>19 <b>Don't FORGET!</b> You <u>do not</u> have to have insurance to use the clinic</p>	<p>20 Getting enough sleep each night gives you energy &amp; a better attitude to overcome stressful situations</p>	<p>21</p>
<p>22</p>	<p>23 Listening to relaxing music can have a positive effect on the brain and can lower blood pressure &amp; relieve stress</p>	<p>24 <b>Deep Breathing</b> is another method to relieve stress. Get into a comfortable position. Inhale, taking long slow deep breaths and exhale slowly to the count of 5</p>	<p>25 <b>FREE B-12 Shots Today Only!</b> <i>While Supplies Last!</i></p>	<p>26 Diabetes can be dangerous for your feet. It can cause nerve damage that takes away the feeling in your feet. If you have diabetes, you should check your feet daily</p>	<p>27 <b>DON'T IGNORE PAIN</b> Painful feet are not normal. Many foot conditions can be cured if you visit your healthcare professional as early as possible</p>	<p>28</p>
<p>29</p>	<p>30 For more tips on how to handle stress, pick up a <i>free</i> Stress Wallet Card at the clinic today <i>(While supplies last)</i></p>	<p><b>NOTICE:</b> Currently, there is a shortage of B-12 serum and we only have a very limited supply until production resumes. Until then, B-12s will be given on a first come first serve basis. If you do not get your B-12 on the <b>FREE</b> day, it will cost \$5.00</p>		<p><b>April is Stress Awareness &amp; Foot Health Month</b></p>		